



Swimming and Boating Safety

Teaching the Basics
of Surviving in the Water
to the Soldiers

Where to go for information

U.S. Army Corps of Engineers - Water Safety - Microsoft Internet Explorer

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Address <http://www.swf-wc.usace.army.mil/belton/Watersafety.asp>

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- TEMG Frequently Asked Ques...

Water Safety

All maps are in Adobe Acrobat PDF format.

If you do not have the Adobe Acrobat reader, you may download it [here](#).

Water Safety Programs


Bobber.info

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[Water Safety Trainer Curriculum 1 of 2](#)

[Water Safety Trainer Curriculum 2 of 2](#)

Drowning is second leading cause of accidental death for people 0-44 years old

Drownings on Belton and Stillhouse Hollow Lakes

- 25% are soldiers or dependents of soldiers
- 2 main causes are swimming activities and boating activities
- 85% are Male
- Almost all knew how to Swim
- Many drownings are within 10 feet of safety and are people who did not intend to be in the water

Causes of Adult Swimming Fatalities

TOP TEN

1. Not admitting you are a poor swimmer (to yourself or to your group)
2. Alcohol or Drug Use
3. Trying to Rescue Someone Else
4. Jumping Off Cliffs or Bridges or other High Risk Behaviors
5. Wading off Steep Drop-off
6. Swimming after wind-blown objects
7. Falling in Without intending to Swim Wade/drop-off
8. Cold Water – Hypothermia decreases physical ability
9. Falling Off Flotation TOYS
10. Over Estimating One's Ability

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Drowning is called the “Silent Killer”

Recognize the Drowning “Look”

- Drowning is called the “Silent Killer”
- Vertical in water, head back, arms out, working to keep head out of water
- Not calling for help

Ways to Decrease Swimming Drownings in Open Water

- Education - Teach Basic Water Safety Concepts
- Teach “Reach, Throw, Row- Don’t Go!”
- Natural Hazards – Lake level Changes at BN/SH,
 - Flash Flooding Turn (Around-Don’t Drown)
- Watch Your Children – Stay within an arm’s reach
- Swim with a Group – (Battle Buddy = Swim Buddy)
- Easy on the Booze
- Respect the Weather – it is very unforgiving.
In Texas it changes fast

Summary of Swimming Safety

- Know Swimming Safety Rules
- FOLLOW them
- Avoid high risk behaviors – Know where your “Stupid” line is
- Swim with a buddy
- Easy on the booze

A wide-angle photograph of a calm ocean under a clear blue sky. On the left side, a vibrant rainbow is visible, its colors reflecting on the water's surface. The word "Break" is centered in the middle of the image in a white, italicized serif font.

Break

What not to do.



Basics of Boating Safety

Single best way to prevent boating fatalities is to Wear a PFD

Know Before you GO! Take a Boating Course

- BLORA Courses
- Tx Parks and Wildlife on-line
- Tx Parks and Wildlife instructor led classes –
Check web site for classes
- US Coast Guard Aux and US Power Squadron

Single best way to prevent boating fatalities is to Wear a PFD

PFDs – Life Jackets

Type I

Type II

Type III

Type IV

Type V

Single best way to prevent boating fatalities is to Wear a PFD

Life Jackets:

- Number Required
- Easily Accessible,
- In good condition,
- Right size for passengers on board
- Throwable required for boats > 16'

Single best way to prevent boating fatalities is to Wear a PFD

Life Jackets:

New styles more comfortable and no longer “geeky”
Inflatables are now USCG approved

Required Safety Equipment on Board

- Life Jackets
- Fire Extinguishers
- Boat Identification/Registration, Certificate of Numbers
- Sound Producing Device
- Proper Ventilation (Inboards and Inboard/Outboards)
- Navigation lights if out at night

Required Safety Equipment on Board

LIVES acronym

- **L**ife Jackets
- **I**dentification/Registration of Boat
- **V**entilation (Inboards and Inboard/Outboards)
- **E**xtinguishers
- **S**ound Producing Device

Best Practices on Board

- Basic Boating Equipment - Basic Tools, Oar or Paddle, Anchor, Boat Ladder
- Be Prepared for Unexpected- Flashlight, First Aid Equipment, Maps
- Let someone Know where you are – File a Float Plan
- Working Cell Phone
- Know the Rules of the Roads
- Easy on the Suds- Put water in the cooler too

Causes of Boating Fatalities

- Falling Overboard – ie, Standing up to Urinate
- Collisions
- Boat Capsizing
- Alcohol Use
- Exposure – Hypothermia
- Sudden Weather Changes
- Trying to Swim to Shore
- Basically – Poor Decisions or a combination of them

Personal Watercraft (PWC) A Whole New Ball Game

- Extremely Fast
- Ridden by people with very little experience or training
- Does not Steer unless under power – Opposite to natural instinct of avoiding collisions
- Additional Laws for Operation
 - Must Wear a PFD
 - 50 foot Rule
 - No Night Operation

The January Boating Fatality What Caused it.

- Inexperienced Boaters
- Life Jackets on Board but not worn
- Did Not Heed Weather Warning
- Flotation of Boat had Been Removed
- Didn't realize danger of Hypothermia



Mistakes that led to drownings

Lifejackets
Not Worn

Weight of
Battery

Modified Seat

Trolling Motor



Summary

Know Before You Go!

You Train as a Soldier – You Should Train as a Boater

Wear A PFD!

You Gear up for Battle – You should Gear up for Boating

Think – Don't Sink!